



Asquith Mixed Probuc Club BULLETIN

President’s Report

It has been an honour and privilege to serve as your President this year. I thank you for the opportunity you have given me, especially your diligence, enthusiasm and support in this role. I am sure that President Elect Jim will fulfil the role of President in an outstanding manner.

Thank you, Pam for the tireless, efficient and mature way you have carried out the task of Secretary, this is a very important role in the life of our Club. Thank you, Angus for managing our Club’s finances. A special thank you to our Club Bulletin Editor Sylvia.

Our Tours and Activities Organisers Mal and Suellen and Team have provided us with a varied and extremely interesting programme this year, thank you.

A huge thank you to Laurie for all the effort he has given to our Club over the years with the walks and Dianne, Kevin and all the other walkers who have given their time to make our walking group such a success.

A very big thank you to everyone who has helped over the past year in the running of our vibrant club. Volunteering is such an excellent way to meet the members both old and new.

Sandra Death

President 2022/2023.



Meeting Dates at Magpies

General Meetings

10am for 10.30am start.

Thursday 7th March 2024 AGM

Thursday 4th April 2024

Website: <https://www.asquithmixedprobuc.org.au>

org.au

Email: info@asquithmixedprobuc.org.au
webmaster@asquithmixedprobuc.org.au

Bulletin: Editor: Sylvia Gratton

Mob:

Asquith Mixed Probuc Club Inc.

The Secretary AMPC, 9 Warruga Crescent,
Berowra Heights 2082

Formed by the Rotary Club of Berowra on 2
October 2008.

Club No: 9003799

District: 9685 PD3 Inc. No.: 9890687

Bendigo Bank details for deposits.

BSB No: 633-000 Account No.: 139 637 029

PRIVACY: In accordance with the Privacy

Act 1988 and recommendation from
Probuc South Pacific, this newsletter is
private and confidential for members of
Asquith

Mixed Probuc Club use only and is not to be
used for any other purpose.

COMMITTEE NOTES – FEBRUARY 2024

1. **It has been** good to see some nominations for positions come in, but we are still looking for a Secretary. Please give this some thought, it is not a difficult job, or I wouldn't have done it for the last 7 years.

We are also looking for Vice Presidents.

Of course, if you wish to have these **lunches, dinners, theatres** etc., we will need people to organise them. Please think about it.

2. **A big thank you must go to Laurie Keaton** who has been organising the Walks for the past 15 years. What a great job he has done. Time for him to slow down, and others to get involved with the planning and organising.

3. **We endeavour** to keep our membership at 60/40, at the moment it is extremely close. It is great to be welcoming new members regularly, we hope you will participate in our outings, walks etc. and even think about a Committee position.

4. **We would like to remind members** that the speakers are part of the meeting. If you are unable to stay for the whole talk, don't walk out halfway, if you can't stay, please leave before the Speaker commences.

5. **Please remember** when you signed the application form you did agree to participate on the Committee.

Looking forward to seeing you at the March meeting and AGM.

Pam Slater

Secretary by



Asquith Mixed Probus Club

Treasurer's Report as at 30 January 2024.



Funds received so far, this year	\$7,955	
Reduced by our expenses of	\$810	
Leaving funds available so far for this year		<u>\$7,145</u>

.... The above funds consist of cash		\$18,517
less this year's surplus funds	\$10,906	
less - mainly member payments		
for future activities	\$466	<u>\$11,372</u>
		<u>\$7,145</u>

Treasurer's Report as at 30 January
2024: Angus Dougall.

WHY WE LOVE CHILDREN.

NUDITY I was driving with my three young children one warm summer evening when a woman in the convertible ahead of us stood up and waved. She was stark naked! Reeling from the shock, I heard my five-year-old shout from the back seat: "*Mom, that lady isn't wearing a seat belt!*"

OPINIONS On the first day of school, a first-grader handed his teacher a note from his mother. The note read, "*The opinions expressed by this child are not necessarily those of his parents...*"

KETCHUP A woman was trying hard to get ketchup out of a jar. During her struggle, the phone rang, so she asked her four-year-old daughter to answer the phone: "*Mommy can't come to the phone to talk to you right now - she's hitting the bottle.*"

SCHOOL A little girl had just finished her first week of school. "I'm just wasting my time," she said to her mother. "*I can't read, I can't write, and they won't let me talk!*"

<https://www.ba-bamail.com/humor/why-we-love-children/>

DOLLS When? The Wednesday following our monthly 'member meeting' at 10.15 for a 10:30 start. Please join us for tea, coffee and a chat at Barbara Williamson's home. Wool, needles and stuffing supplied and the good news is you don't need to be able to knit! 14 Angophora Place Pennant Hills. **Phone Barbara.**

MAH-JONG The group meets every Wednesday afternoon from 1.30pm at Asquith Bowling Club. **Contact Pam Clarke for more information.**

CARDS 500 cards held 1st and 3rd Wednesday of the month at 10am at Magpies. New players welcome. **Phone Mary Glasby.**

MEN'S GROUP Meets 3rd Wednesday of the month at 10am in the Pavilion at Magpies. **Contact Robert Allison.**

AMPC Men's Group	Robert Allison	Dolls	Carol Channon
Auditor	Robert Allison	5 th Thursday BBQ	Lance Williamson
Books DVD	George Gates	Mah-jong	Pam Clarke
Jigsaws	Robert Montgomery	Theatres	
Cards 500	Mary Glasby	Walks	Laurie Keaton
Ambassador	John Channon	Web Site	Robert Allison
Public Officer & Historian	Sandra Death	Assist. Tours/Excurs.	Yenda Holland
Assist. Tours/Excurs.	Helen Nancarrow	Assist. Tours/Excurs.	Lula Andersen

AMPC COMMITTEE MEMBERS 2023-24

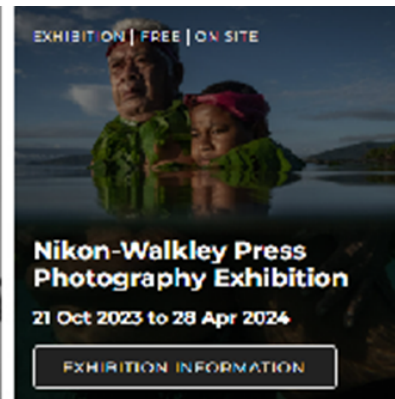
AMPC Committee Members		Phone	Email
President	Sandra Death		
Vice-President Elect	Jim Jeffries		
Vice-President	Denise Mayhew		
Secretary	Pam Slater		
Treasurer	Angus Dougall		
Committee			
Bulletin	Sylvia Gratton		
Hospitality	Rhonda Wilson		
Membership	Barry Willick		
Programme	Jim Jeffries		
Tours/Excursions	Mal & Suellen Steel		
Welfare	Vicki McPherson		
Assistant Secretary			
Assistant Treasurer			
Walks Rep	Dianne Watson		
Past President	John Davies		

DAY TRIPS

March 21st NSW State Library exhibitions Free

We will visit the fabulous exhibitions at the State Library, as well as a look at the Map Rooms & NSW Historical Art exhibition. Lots of exhibitions to suit your tastes.

Visit <https://www.sl.nsw.gov.au/whats-on> to get an overview of what is available so that you know what you would like to explore.



- **9.10am** train from Hornsby (8.56am Berowra) to Wynyard, **walk to Library via Hunter St**
- Lots of local cafes for morning tea/ lunch including at the Library

April 18th DISCOVERY DAY AT WESTMEAD cost \$25 Children's Medical Research Institute 10 -2pm

Talk/lecture on 'What is in our genes?' in Conference room, small group tour through laboratories meeting and talking with researchers of diseases such as cancer, epilepsy and genetic disorders. Includes delicious homemade morning tea and freshly made sandwiches for a light lunch, tea and coffee

- **Payment due at the March meeting**
- Please talk to us at the **March meeting** about **dietary needs** or possible disabled parking
- **8.35am** train from **Hornsby** to Strathfield & Westmead, stops Berowra & Asquith
- Arrive Westmead at **9.34am**. **Optional 711 bus** at **9.46am** to Westmead Hospital Precinct, or flat walk 15 minutes

Activities Organisation for 2024

We would welcome anyone who would like to organise an outing in 2024 & could join our very active & successful planning committee.

TRIPS AWAY

7th-11th May 2024 Victoria High Country Explorer 5 Day Tour

The balance of payment **is due at or just after the March meeting**

- The total price is \$1165pp with single supplement of \$335
- Coach departs Hornsby Station, **stand A** (like Jindabyne)
- Please talk to us at the **March meeting** about **dietary needs**
- The Coach company recommends good travel insurance in case of last-minute issues

Tall Ships Report

On an overcast day in early February, 49 members took to the harbour on the Soren Larsen tall ship. We began our day with bubbly, juice and canapes.

Our two guides, James and Howard, showed us around Goat Island giving us an insight to the history of the island and some of characters and stories of the people of the 1800s and early 1900s.

Once back on the ship we enjoyed a buffet lunch, whilst leisurely sailing up the harbour past the Opera House and Fort Denison.

It was great day out with lots of opportunities to chat with each other and appreciate our beautiful harbour and city.

Suellen Steel



WALKS

DAY WALKS

MARCH: Thur 28

WHERE: Centennial Park

WHAT: Historical walk including the Federation declaration site and other historical places of interest. Reflection opportunity at the Labyrinth.

Mainly grass surface and largely flat terrain

Two Walks

Everyone will walk from Moore Park Tram Stop to the Lang Road Gates and visit the Busby Bore Cairn, Rose Garden and Columns

Short Walk: 1km Walk to Park entry. 2.5km walk via Busby Pond, Rose Garden & Morning Tea at Homestead Pavilion and on to the Federation Pavilion. 10-15 Minute Walk to Easts Leagues for Lunch Via York St Gates.

Lead Laurie

Longer Walk. 1km walk to Park entry. 4.5 km Walk Via Busby Pond to the Federation Pavilion including coffee at the Spruce Goose, Columns, Lily Pond, Labyrinth. 10-15 mins Walk to the Nelson Hotel or Easts Leagues Bistro. **Leads Anne and Russ Dorey. Commentary Bruce Wheatley**

TRAVEL: Berowra 856 **Hornsby 9.10** Platform 1 **Cars 5-6** Light Rail to Moore Pk.

MORN TEA: Bring your own, coffee at scheduled stops.

LUNCH: Limited booking at Easts - contact Laurie if a definite starter. Otherwise -DYOT

APRIL

Wednesday 24 Please NOTE THIS WALK IS ON A **WEDNESDAY**

WHERE: Parramatta River Walk 1 Meadowbank to Hospital Foreshore Concord Easy.

TRAVEL: Berowra 9.26 Change to **Hornsby 9.46am** Train Plat 4. **Cars 5-6**

1. Meadowbank Railway Station to Concord & Return to Rhodes

Walk via the old railway bridge to Rhodes and continue on the Concord Foreshore walk. Return to Rhodes for Lunch. The walk includes the Kokoda Memorial Track. 6.8 km. **Lead Paul Campbell and Juliana Luk**

2. Rhodes RS on the the Foreshore Walk & Return. The Walk includes the Kokoda Memorial track. Easy 4.5 -5km. Alight Rhodes Station. **Lead Laurie**

Morning Tea/ Lunch: Bring your own morning tea. We stop at the front of Historic Rivendel. Lunch venue is you own choice. Further advice next meeting.

AMPC ANNUAL BOBBIN HEAD BREAKFAST

When: **THURSDAY 14TH MARCH**

Where: **BOBBIN INN CAFE, BOBBIN HEAD**

Time: **8:45 to be seated by 9:00**

Payment: **A deposit of \$10 pp Must be received no later than 7th March** (either Electronic transfer or pay with correct money at March meeting)

We would love you to join us for this social breakfast. Because of the time frame you can email me prior to the meeting or register and pay at the Meeting. Don't forget to advise me of your **numbered meal choice**. Coffee/Tea ordered on the day

BOBBIN HEAD AMPC BREAKFAST 14 MARCH 2024

Choice 1

EGGS YOUR WAY \$17.50

Eggs your way served with bacon and a slice of Sourdough

Options:

Scrambled or Fried

Choice 2

SMASHED AVOCADO \$17.50

Served on Sourdough with cherry tomatoes, sprouts, and Feta cheese

Option:

1 Egg add-on Scrambled or Fried +\$2.50

Choice 3

BREAKFAST QUICHE \$16.50

Served with Garden Salad

Choice 4

BIG BREAKFAST \$22.50

Egg your way, Pork Sausage, Bacon, Baked Beans, Grilled Tomato, Hash Brown

Served with a slice of Sourdough

Option:

Scrambled or Fried egg

***NOTE:** SOURDOUGH CAN BE REPLACED WITH TOAST AT TIME OF ORDERING

GLUTEN FREE BREAD AVAILABLE +\$2.50

DRINKS

Cup of Coffee – Cappuccino, Latte, Flat White, Long Black \$4.00

Cup of English Breakfast Tea with milk \$4.00 Milk other than Full Cream or Skim +\$0.50)

Words- March

The AGM in March usually does not allow for a formal speaker but we have an excellent occasional speaker in readiness - Mal Steel.

Mal will provide an overview of the current hottest topic - Artificial Intelligence and how he used AI to prepare his talk.

In April Paul Baker from Hornsby Fire & Rescue will discuss potential dangers from fire in the home and how to avoid them.

In the following month of May, Alex Kane from Meals on Wheels, will [discuss how the organisation provides delivery of nutritious meals, social interaction, and care to those who wish to age well at home.](#)

UPCOMING EVENTS

DATE	ACTIVITY	CONVENOR	PAGE	PHONE NO
Every Wednesday	Mah-Jong Asquith Bowling Club	Pam Clarke	4	
1 st & 3 rd Wed 10am	500 Cards Magpies	Mary Glasby	4	
3 rd Weds of Month	Men's Group Magpies	Robert Allison	4	
7 th March 2024	AGM Meeting	Sandra Death		
13 th March 2024	Dolls	Barbara Williamson	4	
14 th March 2024	Breakfast Bobbin Head	Rhonda Wilson	8 & 9	
14 th March 2024	Committee Meeting	Jim Jefferies		
21 st March 2024	NSW State Library Exhibition		6	
28 th March 2024	Centennial Park Walk	Laurie Keaton	7	
4 th April 2024	Probus Meeting	Jim Jefferies		
10 th April 2024	Dolls	Barbara Williamson	4	
11 th April 2024	Committee Meeting	Jim Jefferies		
18 th April 2024	Discovery Day at Westmead		5	
24th April 2024 WEDNESDAY	Parramatta River Walk	Laurie Keaton	8	

